

Voltige
Progress Development Programme
for
Voltigeurs

Voltigeur's Progress Log Sheets for Level One to Six

for

(Voltigeur's Name)

April, 1994; January 2005
Ottawa, Ontario, Canada
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Following are the **"Progress Log Sheets"** to accompany the **"Voltige Progress Development Programme for Voltigeurs; Level One to Six"**. Once a voltigeur has completed the requirements for a level, the assessor will notify the administrator of the Programme, and the **"Voltige Progress Development Certificate"** will be forwarded to the voltigeur. However, it is the responsibility of the voltigeur to ensure that the assessor has filled out the Log Sheets correctly.

Additional copies of the **"Progress Log Sheets"** and the **"Voltige Progress Development Programme for Voltigeurs; Level One to Six"**, as well as the **"Voltige Progress Development Certificate"** are available from:

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or can be downloaded in pdf format at:

www.horses-of-the-sun.ca

and www.vfo.ca

My Name is:

I started Voltige on (Date):

I am voltiging at (Club):

My Instructors are:

My Voltige Horses are:

My Progress Assessors are:

Level ONE

Volteuseur:

Date completed:

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- Floor Exercises:**
- 1) Front Roll - three different types (choice)
 - 2) Back Roll - three different types (choice)
 - 3) Tucked Handstand
 - 4) Forward Roll over Obstacle (knee-height)
 - 5) Cartwheel
 - 6) Jump with Half-turn
 - 7) Lift Leg to kick Hand at Shoulder-height (five times each leg)
 - 8) Stride-jumps (ten times)
 - 9) Continuous Jumps against Wall (reach as high as possible) (ten times)
 - 10) Double Foot Springs (ten times forward, ten times backward) (feet together)
 - 11) 100-Meter Run (two times consecutively)
 - 12) Forward Roll over Shoulder from Prince Seat

Barrel Exercises:

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- 1) Basic Seat
- 2) Flag (leg and arm raised separately)
- 3) Mill (no count)
- 4) Free Kneel (turning left and right with arms out) (ten times)
- 5) Scissors (First and Second Phase)
- 6) Stand (arms out, in front, and above head)
- 7) Full Flank
- 8) Mount with Mini-Trampoline
- 9) Jump to Ground four different ways (without assistance)
- 10) Prince Seat (four leg-changes free; without touching handles)
- 11) Vault Off to Inside and Outside from Seat
- 12) Flamingo

Level ONE

Voltaireur:

Date completed		Work with Horse	
		Walk:	
_____ / /	1)	Half Flag (hip down, leg raised); (four strides)	
_____ / /	2)	Mill (no count)	
_____ / /	3)	Free Kneel (four strides)	
_____ / /	4)	Scissors - First Phase only	
_____ / /	5)	Stand with Hands down at sides (four strides)	
_____ / /	6)	Leg Rotations (four times; two left, two right)	
_____ / /	7)	Pistol to Inside (both hands holding); (four strides)	
_____ / /	8)	Transfer to Neck and then to Back	
_____ / /	9)	Straight Leg Kicks facing Forward (three times)	
_____ / /	10)	Straight Leg Kicks facing Backward (three times)	
_____ / /	11)	Reverse Basic Seat (four strides)	
_____ / /	12)	Prince Seat (free); (four strides)	

		Canter:	
_____ / /	1)	Basic Seat (four strides)	
_____ / /	2)	Kneel Holding (four strides)	
_____ / /	3)	Right Leg over Neck to Inside Seat (four strides)	
_____ / /	4)	Left Leg over Neck to Outside Seat (four strides)	
_____ / /	5)	Reverse Seat holding (four strides)	
_____ / /	6)	Squat Stand (four strides)	

Assessor:

Level completed on (d/m/y):

Level TWO

Voltigeur:

Date completed

- | _____ / / | | |
|-----------|-----|--|
| _____ / / | 1) | Floor Exercises:
Bridge (straight arms, feet raised) |
| _____ / / | 2) | Straddle Seat (back and legs straight) |
| _____ / / | 3) | Landing on Hands (from stand position to fall position) |
| _____ / / | 4) | Cartwheel over Bench (cavaletti) (hands on bench) |
| _____ / / | 5) | Cartwheel over Bench (cavaletti) (hands over bench) |
| _____ / / | 6) | Handstand against Wall (10 seconds) |
| _____ / / | 7) | Free Handstand (2 seconds) |
| _____ / / | 8) | Slalom Jumps over Length of Cavaletti (Ground Pole) |
| _____ / / | 9) | Cartwheel Circle (left or right) |
| _____ / / | 10) | Star Jump from Stand (five times) |
| _____ / / | 11) | Arabesque (hold 10 seconds; both legs) |
| _____ / / | 12) | Wheelbarrow (15 steps) |
| _____ / / | 13) | Stride Jumps (20 times) |
| _____ / / | 14) | Roll over Shoulder from Stand (forward) |
| _____ / / | 15) | Roll over Shoulder from Prince Seat (forward; over both shoulders) |

Barrel Exercises:

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|-----------|-----|---|
| _____ / / | 1) | Around-the-World in Stand (both ways) |
| _____ / / | 2) | Back Roll from Side of Barrel (with assistance) |
| _____ / / | 3) | Leap Frog off Rump (from sitting position to ground) |
| _____ / / | 4) | Double Leg Whip (five times each side) |
| _____ / / | 5) | Arabesque with Leg low (hold 10 seconds; both legs) |
| _____ / / | 6) | Balance Beam on Stomach and Back (hold for 4 seconds) |
| _____ / / | 7) | Split Seat free (hold for 3 seconds) |
| _____ / / | 8) | Three different Dismounts (choice) |
| _____ / / | 9) | Diagonal Full Flag |
| _____ / / | 10) | Dismount (Vault Off) from Half Flag |

Level TWO

Voltigeur:

Work with Horse

Date completed

Walk:

- | | | |
|-----------|-----|---|
| _____ / / | 1) | Flag (arm and leg raised separately) (four strides) |
| _____ / / | 2) | Mill (4 count) |
| _____ / / | 3) | Scissors (First and Second Phase) |
| _____ / / | 4) | Basic Stand (four strides) |
| _____ / / | 5) | Free Prince Seat with three changes (four strides each) |
| _____ / / | 6) | Transfer to Neck, Basic Seat on Neck facing back (four strides) |
| _____ / / | 7) | Kneel Backward (hands on rump) (four strides) |
| _____ / / | 8) | Arabesque in outside Loop facing inside (hands on horse's back) |
| _____ / / | 9) | Half Flag across Horse's Back (facing inside) |
| _____ / / | 10) | Split Seat (facing forward; holding one handle) |
| _____ / / | 11) | Back Roll landing to Inside (with assistance) |
| _____ / / | 12) | Half Flag on Neck |
| _____ / / | 13) | Full Flank (with height) |

Canter:

- | | | |
|-----------|----|---|
| _____ / / | 1) | Basic Seat (one round) |
| _____ / / | 2) | Half Flag (four strides) |
| _____ / / | 3) | Half Mill (first two phases) (no count) |
| _____ / / | 4) | First Phase of Scissors |
| _____ / / | 5) | Reverse Seat (one hand free) (four strides) |
| _____ / / | 6) | Prince Seat holding (four strides) |
| _____ / / | 7) | Leg Rotations to Inside (two times) |
| _____ / / | 8) | Tailor Seat holding (four strides) |

Assessor:

Level completed on (d/m/y):

Level THREE

Voltigeur:

Date completed

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|-----------|-----|---|
| _____ / / | 1) | Ten Push-Ups in raised Position (hands on cavaletti) |
| _____ / / | 2) | V-Seat with Legs straight (5 seconds; repeat five times) |
| _____ / / | 3) | Continuous Jumps against Wall (reach as high as possible; 15 times) |
| _____ / / | 4) | Swedish Fall (land on hands from standing with one leg straight out behind) |
| _____ / / | 5) | Double-Foot Springs (feet together) (15 forward; 15 backward) |
| _____ / / | 6) | 100-Meter Run (three times consecutively) |
| _____ / / | 7) | Front Roll (four in a row) (three different types) |
| _____ / / | 8) | Back Roll (four in a row) (three different types) |
| _____ / / | 9) | Skipping (with rope) (15 seconds) |
| _____ / / | 10) | Wheelbarrow (20 steps) |

Barrel Exercises:

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|-----------|-----|--|
| _____ / / | 1) | Shoulderstand (unassisted) (hold for 4 seconds) |
| _____ / / | 2) | Kneel / Stand Exchange (free) (four times; hold 4 seconds) |
| _____ / / | 3) | Front Roll over Rump (assisted) |
| _____ / / | 4) | Back Roll over Rump (assisted) |
| _____ / / | 5) | Mount into Kneel (with Mini-Trampoline) |
| _____ / / | 6) | Scissors Mount with Outside Twist (with Mini-Trampoline) |
| _____ / / | 7) | Mount behind seated Voltigeur (no Trampoline) |
| _____ / / | 8) | Cossack Jump Dismount (forward) |
| _____ / / | 9) | Needle Jump Dismount (forward) |
| _____ / / | 10) | Dismount from Arabesque (Vault Off from Arabesque) |

Level THREE

Voltigeur:

Date completed:

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Work with Horse

Walk:

- 1) Flag (arm and leg raised together) (four strides)
- 2) Basic Stand (one round)
- 3) Half Flag on Neck
- 4) Arabesque Forward on Back (holding; four strides)
- 5) Stand in Loops (forward and backward; free) (four strides)
- 6) Three different Dismounts (choice)
- 7) Candle on Horse's Back (four strides)
- 8) V-Seat Dismount (forward)
- 9) Free Kneel Backward (four strides)
- 10) Double Leg Whip (four times)
- 11) Tailor Seat on Horse's Neck facing Backward (free) (four strides)

Canter:

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- 1) Reverse Basic Seat (four strides)
- 2) Half Flag (eight strides)
- 3) Mill (no count)
- 4) Prince Seat free (four strides)
- 5) Free Kneel (four strides)
- 6) Leg Rotations to Inside and Outside (four times each)
- 7) Straight Leg Kicks (facing forward) (three times)
- 8) Straight Leg Kicks (facing backward) (three times)
- 9) Pistol to Inside; both hands holding (four strides)
- 10) Tailor Seat Forward (one hand free) (four strides)

Assessor:

Level completed on (d/m/y):

Level FOUR

Voltigeur:

Date completed

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Floor Exercises:

- 1) Flag Exchange, four times each Leg
- 2) Around-the-World (Mill) (with more than one person in a row)
- 3) Flag In and Out (hand and foot raised simultaneously; ten times)
- 4) Jogging for 5 Minutes
- 5) Slalom Jump over Cavaletti (Ground Pole), (3 lengths forward and backward)
- 6) Six Cartwheels in a straight line
- 7) Skipping (with rope) (45 Seconds)
- 8) Straddle Seat (Back and Legs straight; hold for 15 Seconds)
- 9) Jump with Full Turn from Stand
- 10) Arabesque with Leg high (hold 15 Seconds; three times with each leg)
- 11) Handstand against Wall; hold 15 Seconds

Barrel Exercises:

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- 1) Shoulderstand (hold 4 Seconds), land in Scissors
- 2) Back Roll off Side (unassisted)
- 3) Front Roll off Rump (unassisted)
- 4) Reverse Scissors (hands on croup)
- 5) Arabesque Exchange (three times each leg)
- 6) Mount into Stand (with Mini-Trampoline)
- 7) Double Mill (two Voltigeurs)
- 8) Shoulderhang (unassisted)
- 9) Dismount from Arabesque (supported on Voltigeur in front)

Level FOUR

Voltaireur:

Work with Horse

Date completed

Walk:

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|-----------|-----|---|
| _____ / / | 1) | Shoulderstand on Neck (four strides) |
| _____ / / | 2) | Prince Seat Backward (free); (four strides) |
| _____ / / | 3) | Stand facing Backward (four strides) |
| _____ / / | 4) | Balance Beam on Horse's Back (on Stomach and Back) (four strides) |
| _____ / / | 5) | Flamingo on Horse's Neck (four strides) |
| _____ / / | 6) | Reverse Flag on Horse's Back (four strides) |
| _____ / / | 7) | Kneel / Stand Exchange (free); (four times; hold four strides) |
| _____ / / | 8) | Diagonal Flag (inside and outside; hold four strides) |
| _____ / / | 9) | Split Seat facing Backward (free); (hold four strides) |
| _____ / / | 10) | From Stand jump to Ground (four different ways) |

Canter:

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|-----------|----|--|
| _____ / / | 1) | Scissors, First and Second Phase |
| _____ / / | 2) | Split Seat facing Forward (free); (four strides) |
| _____ / / | 3) | Flag (arm and leg raised simultaneously); (four strides) |
| _____ / / | 4) | Mill (four count) |
| _____ / / | 5) | Arabesque on Horse's Back (holding); (four strides) |
| _____ / / | 6) | Full Flank |
| _____ / / | 7) | Lie Down (from Seat) on Horse's Back (four strides) |
| _____ / / | 8) | Free Kneel (one round) |
| _____ / / | 9) | Reverse Basic Seat (one round) |

Assessor:

Level completed on (d/m/y):

Level FIVE

Voltigeur:

Date completed

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Floor Exercises:

- 1) Slalom Jump over Cavaletti (Ground Pole) with Eye's closed (forward and backward for one length each)
- 2) Land on Hands from Stand, Three Push-ups (repeat five times)
- 3) Star Jump, Land, Run 5 Seconds (repeat six times)
- 4) Continuous Jumps against Wall (reach as high as possible); (20 times)
- 5) Back Roll, land in Flag (hold 4 Seconds); (repeat four times)
- 6) Split Seat with left Leg (hold 5 Seconds); (repeat three times)
- 7) Split Seat with right Leg (hold 5 Seconds); (repeat three times)
- 8) With Partner (holding hands) Arabesque Exchange (three times each leg)
- 9) Front Flip (with assistance)
- 10) Skipping with Rope (1 Min. 30 Sec.)

Barrel Exercises:

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- 1) Flag Exchange (four times each leg)
- 2) Arabesque Free (hold 10 Seconds, each leg)
- 3) From Seated Position, kick up into Shoulderstand
- 4) Shoulderstand, roll to Lay-Out, back to Shoulderstand
- 5) Basic Stand, jump to Reverse Stand, jump to Basic Stand (both directions)
- 6) Transfer (complete turn from Back to Neck and return to Back without pause); (both directions)
- 7) Mount into Front Layout (Push-Up Position); (with Mini-Trampoline)
- 8) Front Flip off Side (with assistance)
- 9) Slide into Basic Seat from Basic Stand (free)
- 10) Shoulderhang; Flip or Roll Off (with assistance)
- 11) Three Different Dismounts from Stand Backward (choice)
- 12) Scissors Mount with Inside Twist (with Mini-Trampoline)

Level FIVE

Voltigeur:

Work with Horse

Date completed

Walk

- | | | |
|-----------|----|---|
| _____ / / | 1) | Dismount Back Roll over Horse's Croup (with assistance) |
| _____ / / | 2) | Dismount Front Roll over Horse's Croup (with assistance) |
| _____ / / | 3) | Full Flag on Neck (four strides) |
| _____ / / | 4) | Shoulderstand on Horse's Back (four strides) |
| _____ / / | 5) | Around-The-World Standing (360° turn); (both directions) |
| _____ / / | 6) | Roll from Horse's Neck to Lay-Out on Horse's Back, Roll back to Sitting on Neck |
| _____ / / | 7) | Sidehang (four strides) |
| _____ / / | 8) | Arabesque on Horse's Back (one hand free) |
| _____ / / | 9) | Double Leg Whip (facing forward, facing backward); (four times each) |

Canter:

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|-----------|-----|---|
| _____ / / | 1) | Mount behind Seated Voltigeur |
| _____ / / | 2) | Basic Stand (four strides) |
| _____ / / | 3) | Dismount Jump from Standing Position (choice) |
| _____ / / | 4) | Pistol to Inside (one hand free); (four strides) |
| _____ / / | 5) | V-Seat Dismount (forward) |
| _____ / / | 6) | Transfer to Neck, Reverse Basic Seat (four strides), Transfer to Back |
| _____ / / | 7) | Kneel Backward, Hands on Croup (four strides) |
| _____ / / | 8) | Shoulderstand (four strides) |
| _____ / / | 9) | Balance Beam on Horse's Back (on Stomach and Back); (four strides) |
| _____ / / | 10) | Flamingo on Horse's Back (four strides) |

Assessor:

Level completed on (d/m/y):

Level SIX

Voltigeur:

Date completed

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1)

Floor Exercises:

With Partner, Handstand Push-Ups (ten times)

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2)

Three Push-Ups, Run fast on Spot (5 Seconds); (repeat five times)

_____ / /

3)

Swedish Fall, Push-Ups on one Leg (five Push-Ups on each leg)

_____ / /

4)

Back Flip (with assistance)

_____ / /

5)

V-Seat free (hold 10 Seconds); (repeat five times)

_____ / /

6)

Split Seat (both feet held); (hold 5 Seconds); (repeat five times)

_____ / /

7)

Continuous Jumps against Wall (reach as high as possible); (25 times)

_____ / /

8)

Jogging for 10 Minutes

_____ / /

9)

Flag In and Out (hand and foot raised together); (20 times); (repeat with opposite arm and leg)

Barrel Exercises:

_____ / /

1)

From Held Arabesque, Kick into Shoulderstand

_____ / /

2)

Shoulderstand, Roll to Ground (forward/outside)

_____ / /

3)

Mount into Shoulderstand (with Mini-Trampoline)

_____ / /

4)

Double Shoulderstand with Partner

_____ / /

5)

Vault over Barrel (with Mini-Trampoline)

_____ / /

6)

Mount into Basic Seat from right side of Barrel (with Mini-Trampoline)

_____ / /

7)

Mount into Kneel from right side of Barrel (with Mini-Trampoline)

_____ / /

8)

Mount into Front Lay-Out (push-up position) from right side of Barrel (with Mini-Trampoline)

_____ / /

9)

Back Flip off Rump from Stand (with Assistance)

_____ / /

10)

Cartwheel Dismount / Round-Off Dismount

Level SIX

Voligeur:

Work with Horse

Date completed

Walk:

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|-----------|----|--|
| _____ / / | 1) | Shoulderstand on Back, Roll to Lay-Out, Roll back to Shoulderstand |
| _____ / / | 2) | Flag Exchange (two times each leg) |
| _____ / / | 3) | Scissors with Hands on Croup (facing forward and facing backward) |
| _____ / / | 4) | Free Stand (facing inside, facing outside); (four strides each) |
| _____ / / | 5) | Reverse Arabesque on Neck (one hand holding); (four strides) |
| _____ / / | 6) | Forward Roll over Croup (unassisted) |
| _____ / / | 7) | Backward Roll over Croup (unassisted) |

Canter:

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|-----------|-----|--|
| _____ / / | 1) | All Six Compulsories (Mill with Ground Jump) |
| _____ / / | 2) | Shoulderstand on Neck |
| _____ / / | 3) | Mount into Inside Seat, Double Leg Whip to outside, Slide Off |
| _____ / / | 4) | Mount into Kneel, Free Kneel (four strides) |
| _____ / / | 5) | Scissors Mount with Outside Twist (Dismount Choice) |
| _____ / / | 6) | Pistol to Outside (one hand free) |
| _____ / / | 7) | Prince Seat free, Three Leg Changes (four strides each) |
| _____ / / | 8) | Free Kneel Backward (four strides) |
| _____ / / | 9) | Basic Stand (one round) |
| _____ / / | 10) | Transfer to Neck, Half Flag on Neck (four strides) |
| _____ / / | 11) | Double Leg Whip (four times); (facing forward, facing backward) |
| _____ / / | 12) | Three Different Dismounts (choice) |
| _____ / / | 13) | Free Stand in Loops (facing forward and backward); (four strides each) |
| _____ / / | 14) | Arabesque on Horse's Back (one hand free); (four strides) |
| _____ / / | 15) | Split Seat Backward (one hand holding); (four strides) |

Assessor:

Level completed on (d/m/y):

Notes: